

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Chet Janik

County Administrator

(231) 256-9711

County Commissioners

Rick Robbins

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 409-1140
rrobbins@leelanau.gov

Debra Rushton

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 941-8286
drushton@leelanau.gov

William Bunek

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4247
wbunek@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496
psoutaslittle@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509
mlautner@leelanau.gov

November / December 2021

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

I participate in several meetings throughout the month with my colleagues that are providing services and support for seniors across the state. We meet over Zoom or via phone. In the last month I could see the visible strain on people's faces and their voices were faltering with fatigue as we continue to endure the pandemic on a personal and professional front. I have learned in my forty plus years of life that you cannot predict the challenges we will each face, but we can choose how we respond to those challenges. Many of you have shared your tried and true coping mechanisms. My favorite approach is to always have courage and gratitude and throw in some humor along the way.

Directly following a recent meeting, I felt as though I was taking on some of the negative thoughts and feeling of those participating in the call. I immediately turned to a notebook and began to make a list of all the things I have gratitude for in my life. My list ranged from being grateful for coffee, having a great support network, to simply being grateful for life itself. So, as the leaves began to turn this fall, I made a conscious effort to slow my rhythm, breathe in the fresh autumn air, and take account for all that I am grateful for.

The expansion of Leelanau County Senior Services with the addition of two new staff members was at the top of my list. I am so excited to introduce you to Victoria, Maggio, R.N and Gail Carlson, R.N. Many of you may know Victoria. She was recently employed by ShareCare of Leelanau as a Care Coordinator and LCSS worked with her as a part of a contract with ShareCare. We are excited to welcome her to our team as a full time Care Coordinator. Gail will be serving as our Aging Well Resource Coordinator. This is a new position to LCSS. We are excited about being able to offer additional support and assistance in connecting you with resources within your community as you strive to age in place.

As you head into the holiday season, if you find yourself feeling discouraged that your traditions are not able to return to the normalcy you long for, I encourage you to make a list of things you are grateful for. Whether that list is on paper or a running list in your mind may it have the power to lift your spirits and carry you through this time. We at LCSS are grateful for you, our community, and each day we are able to serve you.

Warmly,

April

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

LCSS will be collaborating with Comfort
Keepers to provide a foot care clinic
the first Friday of each month
from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

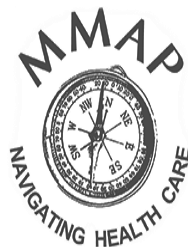
Friday, November 5, 2021
10:00 a.m.—1:00 p.m.

Friday, December 3, 2021
10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her
salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.
Her phone number is (231) 883-4529.

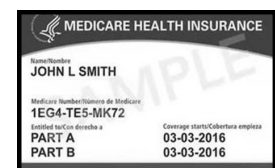


Medicare/Medicaid Assistance Program (MMAP)

**Open enrollment for 2022 runs from
October 15, 2021 - December 7, 2021**

We are very lucky to have Bruce Barnes, a MMAP counselor from the Area Agency on Aging, sharing his expertise while providing assistance to seniors regarding Medicare and Medicaid. He holds office hours twice a month here at the Government Center and can work with you in person or over the phone. He can help you get signed up for Medicare or Medicaid, choose a health care or drug plan, or see if you may be eligible to have your part B Medicare premiums or prescription drug plans paid for through a state assistance Medicaid benefit if you meet income and asset levels. Please call the LCSS office at 231-256-8121 to make an appointment to talk with Bruce.

There is no charge for this invaluable service.



Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

We're Here For You

LCSS is an advocate for people living life on their terms as they age. We offer a variety of programs and supports to assist seniors as they age. One of our greatest assets is information about various resources and systems in place for seniors. We frequently receive calls from seniors or children of seniors who are looking for guidance as they begin to make plans for those unexpected moments that arise in life. Some of the questions we field are, "If I have a health emergency, who will care for me?" "Do you know someone I can hire for home repairs?" "What social opportunities are available in my community?" or "Can someone come and meet with me about services in the area and what may be beneficial to me now or in the future?"

Our Care Coordinator, Victoria Maggio, RN and Aging Well Resource Coordinator, Gail Carlson, RN are available and ready to answer any questions over the phone as well as come to your home for in-depth conversations as well as complete an assessment to determine how we and other resources within your community can offer assistance ranging from meeting physical needs to assisting you in connecting with people and organizations that will fulfill your social needs.

If you would be interested in speaking with Victoria or Gail to assess your situation and share resources that may be available to you, please contact LCSS. We look forward to helping you thrive.

Covid Vaccines



LCSS is working with the
Benzie-Leelanau Health Department
scheduling Covid vaccines.
Call LCSS (231) 256-8121 to schedule your
vaccine or booster.

SCHEDULE A
COVID-19 VACCINE
APPOINTMENT



**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Office
256-8800
Cedar Fire and Rescue
228-5396
Elmwood Twp
Fire& Rescue
941-1647
Glen Lake Fire Dept.
Station 1: Glen Arbor
334-3279
Station 2: Empire
326-5250
Grand Traverse Band
Fire/Rescue
534-7666
Leelanau Township Fire
386-5343
Leland Fire and Rescue
256-7760
Suttons Bay-Bingham
Fire/Rescue
271-6978

**We have a new
e-mail address:**

***If you would like to
receive our
newsletter via email
instead of postal
service, please email
us at our new address
and we'll add you to
our list.***

seniorinfo@leelanau.gov

***Thanksgiving is a time to reflect on what we are
grateful for. We recently came across this list of
questions to spark your thoughts around gratitude.***

30 DAYS OF GRATITUDE ~ Journal Prompts

1. Name something in the room that you're grateful for.
2. Recall a favorite memory that you're grateful for.
3. Who helped you today?
4. Name a friend you're grateful for and why.
5. What is your proudest accomplishment?
6. What's a possession that makes your life easier?
7. What about your body are you grateful for?
8. What is the best thing that happened today?
9. Name something in nature that you're grateful for.
10. What painful experience has helped you to grow?
11. What artist, author or musician are you grateful for?
12. What is your best skill?
13. What knowledge are you grateful for?
14. What is the best gift you've ever received?
15. What song are you most grateful for?
16. What's something positive in your life that you didn't have a year ago?
17. What smell are you most grateful for?
18. What/who made you smile today?
19. What book are you most grateful for?
20. What person in your past are you most grateful for?
21. What small things are you grateful for today?
22. What risk are you most grateful for having taken?
23. Name something/someone that makes you feel safe.
24. What movie are you most grateful for?
25. What emotions are you grateful for?
26. What family member are you most grateful for?
27. What do you like about your job/school?
28. Name a place that makes you feel happy.
29. Name a challenge that you've overcome.
30. List the people that have a positive affect on your life.

Meet our new staff

My name is Victoria Maggio. I have been a registered nurse for almost 40 years now. I recently became the Care Coordinator for Leelanau County Senior Services. This is a new role for the Department and I am looking forward to helping serve seniors in Leelanau County.



My husband Jim and I moved to Leelanau County 21 years ago when our daughter Melia was just four years old. We came from Washington State where I had spent most of my life and all my friends and family were there. For a time, I felt very alone in this beautiful place. I had the good fortune to start working at Suttons Bay Medical Clinic with Dr. Phil Siemer and Dr. Tom Lammy. The Doctors and my co-workers were great to me and made me feel like family. This gave me a great opportunity to meet many of the people in this county. It didn't take long to fall in love with this place and its people...to feel "adopted".

Since those days I have worked with Traverse Heart and Vascular and most recently as the Care Coordinator for ShareCare of Leelanau. These jobs have given me the opportunity to meet even more people, most of whom were seniors. So many of them had led such interesting lives and it has been so wonderful to meet them and learn about them.

I seen the struggles that often can accompany aging senior citizens. I have been blessed with the opportunity to assist so many seniors and advocating for them is an honor for me. My own parents are so far away and I feel if I pay it forward to seniors around me, perhaps the universe will provide assistance for my mom and dad when I am not there to do so.

I have had the pleasure of meeting wonderful people, many of whom have inspired me with their interesting lives. I look forward to meeting so many more of you. If you need anything please call us. I will be doing in-home assessments to help share resources and information that may help you while you age in place. Cheers Leelanau County Seniors!



Hi, I'm Gail Carlson and I'm excited to serve our Leelanau County residents as the new Aging Well Resource Coordinator for Senior Services. I may look familiar to some of you since I've been a Leelanau County resident since 1998, and raised my family here.

I grew up and went to college in Pennsylvania, where I earned a bachelor's degree in business administration. I met and married a United States Marine in Wilmington, Delaware, and finished up my master's degree in Human Resources Management, while working for the headquarters of a gas utility. We had our first child, received orders to California, and had our second child. For three years I served as a volunteer with the

Navy-Marine Corps Relief Society, counseling young Marines, sailors and family members on personal financial management and helping them with small loans.

Upon moving here in 1998 I initially worked for the Leelanau Historical Museum in Leland. I then worked as the Registrar for Suttons Bay High School for 8 years, while my children attended SB and Leland schools. During this period I volunteered in several roles: soccer coach, Leelanau County 4-H, Master Gardener. Today I continue to serve as an election official for Suttons Bay Township and on the Leelanau County Planning Commission.

When my kids were old enough, I decided to go back to school at NMC and earned my Associates in Nursing. For the past 11 years I've worked as a Registered Nurse for Munson. Although working as a nurse in Traverse City has been rewarding, I am ecstatic to come home and serve within my own community. Without a doubt, this new job will present some new and exciting challenges for me as I try my best to help our fellow community members. If we haven't met yet, I hope to meet you soon!



Comfort and Joy 2021

The holiday season is fast approaching.

Leelanau County Senior Services has a tradition of delivering comfort and joy to Leelanau County seniors who could use some cheer during the holiday season.

If you are interested in joining your fellow neighbors and community members in the spirit of giving, LCSS would appreciate contributions of non-perishable food, toiletries, and other fun or useful items to fill bags for delivery to seniors.

Monetary gifts are also greatly appreciated and will be used to purchase additional food items and/or gift certificates to local grocery stores.

We are taking contributions at this time.

Also, if you know of someone that could use some comfort and joy, please let us know.

We are hoping to deliver bags the first two weeks in December, please have your donated gifts to LCSS by the end of November.

Thank you!!



Ideas for Comfort and Joy Items

FOOD ITEMS

Canned food, Soup, Tuna fish

Individual containers of fruit

Pudding cups, Jell-o

Hot Cocoa, Tea bags

Boxes of Juice

Granola type bars

Cookies

Candy

TOILETRIES

Toothpaste, Toothbrushes

Shampoo, Conditioner

Deodorant, Aftershave

Paper towels, Toilet Paper,
Tissues

Dish Detergent,
Liquid hand soap

Razors, Shaving cream

Combs, Hairbrushes

Nail Clippers, Emery boards,
Polish

MISCELLANEOUS

Puzzle Books

Socks

Playing Cards

Flashlights, Batteries

Night Lights

Stationery, Note cards

Pens, Pencils

Backscratchers, Long handled
shoe horns



November 2021

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 MMAF Specialist	4 Estate Planning MMAF Specialist	5 Elmwood foot care clinic	6
7	8	9 Empire Food Pantry 5-6	10 MMAF Specialist	11 Office Closed Veterans Day	12	13
14	15 LCN 2-6	16 Empire Food Pantry 5-6	17 MMAF Specialist	18 MMAF Specialist	19	20
21	22 LCN 2-6	23 Empire Food Pantry 5-6 Commodities 12-1 LCN	24 MMAF Specialist	25 Office Closed Thanksgiving Day	26 Office Closed	27
28	29 LCN 2-6	30 Empire Food Pantry 5-6				

Food Commodity or Surplus every 3rd
Tuesday of every month

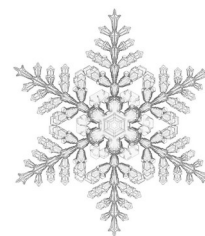
December 2021

For more information on surplus &
commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 MMAF Specialist	2 Estate Planning MMAF Specialist	3 Elmwood foot care clinic	4
5	6 LCN 2-6	7 Empire Food Pantry 5-6 Pearl Harbor Remembrance Day	8	9	10	11
12	13 LCN 2-6	14 Empire Food Pantry 5-6	15	16	17	18 Hazardous Waste
19	20 LCN 2-6	21 Empire Food Pantry 5-6 Winter Begins	22	23 Office Closed	24 Office Closed Christmas Eve	25 Office Closed Christmas Day
26	27	28 Empire Food Pantry 5-6	29	30	31 Office Closed New Years Eve	January-1 

Food Corner

Gail shared this wonderful easy pecan candy recipe with us.
Can't wait to make it this holiday season. Enjoy ~ Armanda



Fabulous Glazed Pecans

2 lb bag raw pecans
1/2 c light corn syrup
1/2 c light brown sugar
4 Tbs butter
2 tsp Vanilla
1/2 tsp Baking soda

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

Preheat oven to 250°. Spray non stick cooking spray in baking pan and dump in whole bag of pecans.

Combine corn syrup, brown sugar and butter in small bowl. Microwave mixture on high (about a minute) and stir. Microwave mixture again until boiling rapidly (another 1-2 minutes).

Add vanilla and baking soda to boiling mixture, blend thoroughly.

Drizzle mixture over pecans and stir with a wooden spoon to coat evenly.

Bake for 1 hour, stirring every 20 minutes. When done, spread pecans out on aluminum foil to cool.

Once cooled, break apart and enjoy.

Low on food? LCSS can help!

We here at LCSS love cooking and eating. We share recipes, talk about what we created for last night's dinner, and if we are lucky, we get a tasting.

When the pandemic began, we were saddened to learn how many of our residents and community members don't always have enough to eat, and due to fixed budgets are not always able to purchase fresh produce, or partake of some of the simple pleasures in life such as coffee/tea. We recognize that it is difficult to ask for help, especially when it comes to food; we do not want anyone to go without.

We are well connected with organizations and resources available to assist seniors in meeting their dietary needs. We are firm believers in not saying "no" when it comes to donations and access to resources. As a result, we may be able to assist you in meeting your basic needs as well as occasionally be able to offer some of those simple pleasures in life: coffee, apples, fresh produce.

If you or someone you know struggles to purchase or even be able to get to a store please reach out to us. We would love to work with you to ensure your belly and heart are full.

Emergency Home Repair funds offered through Leelanau County

For information
about other
services
offered at
NMCAA, visit
www.nmcaa.net.



**Northwest Michigan
Community Action
Agency**
3963 Three Mile Road
Traverse City, MI
49686



*NMCAA is an equal opportunity
employer, provider and lender.
Discrimination is prohibited by
federal law.*

Northwest Michigan Community Action Agency
is assisting the County in administering this Program.

For more information - Contact NMCAA at the number below



Funding may be available for items such as:

- **Roof replacements**
- **Heating systems**
- **Water Heaters**
- **Wells & Septics**
- **Plumbing repairs**
- **Electrical hazards**
- **Handicap accessibility**
- **...and more!**

Call: Leslie Casselman at (231) 346-2121 or

Email: lcasselman@nmcaa.net

**To find out if you qualify for assistance with your emergency
Repair. Funds provided as grants or loans depending on the cost.**

*The hearing impaired should contact us through
the Michigan Relay Center at 1-800-649-3777.*

Avoiding Scams

Food Pantries:

Leelanau Christian

Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry

is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

Outsmart Scammers by Learning to Recognize Scams

Con artists have long preyed on utility customers by pretending to be a Consumers Energy employee in person and on the phone. They use scare tactics, threats and urgency to gain entry into your home, or trick you into surrendering credit card information, money orders, gift cards or cash.

Here's how to spot a fake Consumers Energy worker asking to be let in to your home:

- Ask to see their company identification badge. Real contractors or employees of Consumers Energy always wear one, and will gladly show it to you on request.
- Remember, we always provide advance notice if we need to get into your home. We never show up unannounced.
- We will never use scare tactics or threaten to shut off your service if you don't let us into your home.
- **If you believe a scammer is trying to get into your home, lock all your doors and immediately call 911 and report it to the police.**
Keep in mind that there are times when we have to shut off electric or natural gas service for safety, security or non-payment, but we will never threaten to shut off service if you don't comply with immediate demands.
In a phone con, scammers impersonate Consumers Energy workers and contact homeowners in an effort to get some fast cash. They'll:
 - Claim that you're late on an energy payment or past-due on a bill.
 - Tell you a Consumers Energy truck is on its way to shut off power within 24 hours if a payment isn't made.
 - Walk you through an online money transfer or instruct them to go to their nearest convenience store to purchase a prepaid gift card or send money via wire transfer.

<https://www.consumersenergy.com/residential/avoiding-scams>

Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

A note from Victoria

It's No Lie!

The holidays are coming, bringing with them potential stress, not to mention the ongoing stress of a worldwide pandemic!

Years ago, I came up with this acronym to encourage myself while going through a difficult time. It has been displayed for my daily viewing ever since.

I thought I would share this with all of you.
Maybe it will help you as it has me.

Here it is: **PHIB**

Purpose (Find or acknowledge your purpose)

Humor (Remember to keep a sense of humor)

Integrity (Live your life with integrity)

Beauty (Take time to enjoy the beauty in life)

Phone Reassurance Program

The ShareCare Phone Reassurance Program provides weekly check in through friendly phone calls to Leelanau County seniors who are homebound and/or isolated.

ShareCare's fully vetted, trained volunteers maintain confidentiality and are able to make phone calls within business hours.

If you are interested in participating in this program.
Please contact LCSS and we would be happy
to make a referral on your behalf.

If you have specific questions about the PRP program, you can
contact Jennie Arguello, Volunteer Manager at
jennie@sharecareleelanau.org or call 231-256-0221

Want to keep updated?

Leelanau County Senior Services



**Like us on
Facebook**

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
PAID
TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp